

Dear Fellow Employee:

What does physical fitness (wellness) mean to you? Ask yourself how you would benefit by being more fit. Perhaps it would mean:

1. more energy and/or endurance
 2. looking better in your clothes
- Having more years to spend with children and grandchildren



National Employee Health and Fitness Day is on 5/19/04. This would be a good day to focus on wellness (fitness) at your worksite. Try to think of small and easy ways you can get healthier:

1. walking on your breaks
2. taking the stairs instead of the elevator
3. planning a healthy salad luncheon with your coworkers.



There are many benefits in having a healthier lifestyle, such as reduced sick time usage. According to a recent study conducted by David Chenoweth, Ph.D., FAWHP - "The Economic Cost of Physical Inactivity in Michigan" – "Problems caused by physical inactivity resulted in workers losing on average, 16 hours (2 days) of work to absence, 14.5 hours (1.8 days) to short-term disability, and 131.5 hours (over 16 days) to limited functioning each year."

Find out more about employee health and fitness by visiting the WOW website for links to a wealth of wellness info, including new fitness club discounts.

www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

If you are unable to access the website from the above link, go to www.michigan.gov/mdcs and click on Employee Benefits, then Employee Health and Wellness. Please feel free to call our toll free number (1 877 381-0225) if you have difficulty accessing our website or its links.

Congratulations Pamela Mack. You are the April WOW Contest Winner.

Prize: "AHA: Low-Calorie Cookbook"

Thanks to all contest participants. Please try again next month if you have never been selected a winner.



Working On Wellness
WOW Team
Employee Health and Wellness